

What is claimed:

- 1) A ready-to-eat food having, at a 60% confidence level, a lower taste value greater than -9.00; a water activity of less than 0.90; and comprising, on a 100 kcal reference serving basis:
 - a.) at least 5 grams of an amino acid source;
 - b.) less than 3 grams of a digestible fat; and
 - c.) a carbohydrate that provides the balance of the total caloric value of said food and at least about 2.5 grams of dietary fiber.
- 2) The ready-to-eat food of Claim 1 having a water activity of less than 0.85 and comprising an adjunct ingredient.
- 3.) The ready-to-eat food of Claim 1 having a lower taste value that is greater than 1.64 and an upper taste value of less than 39.45; and comprising, on a 100 kcal reference serving basis:
 - a.) from 5 grams to 13 grams of an amino acid source; and
 - b.) from about 2.5 grams to about 5.0 grams of dietary fiber.
- 4.) The ready-to-eat food of Claim 3 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, bar, filled bar, cracker, spread, cookie, snack crisp, brownie, or potato crisp.
- 5.) The ready-to-eat food of Claim 1 wherein said amino acid and fiber sources are at least 75% active; and said fiber is selected from the group consisting of soluble fiber having a viscosity of from 1 to 2 centipoises for a 10% solution at 25°C, insoluble fiber having a particle size of less than 150 microns and a water absorption less than 7.0 grams per gram of fiber, and mixtures thereof.
- 6.) The ready-to-eat food of Claim 1 having an amino acid score from 0.60 to 1.00.
- 7.) The ready-to-eat food of Claim 1 comprising less than 2 grams of digestible saturated fat.
- 8.) The ready-to-eat food of Claim 7 comprising less than 2/3 of a gram of digestible saturated fat.
- 9.) The ready-to-eat food of Claim 1 comprising a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof.
- 10.) The ready-to-eat food of Claim 1 comprising a material selected from the group consisting of arabinogalactan fiber, beta-glucan soluble fiber, and mixtures thereof.

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11.) The ready-to-eat food of Claim 1 comprising fluoride; sodium; potassium; and, on a 30 gram basis, from about 10% to about 100% of the U.S. RDI of the vitamins A, D, E, K, C, thiamin, riboflavin, niacin, vitamin B₆, folate, vitamin B₁₂, biotin, and pantothenic acid, and from about 10% to about 100% of the U.S. RDI of the minerals calcium, phosphorus, magnesium, iron, zinc, iodine, selenium, copper, manganese, chromium, molybdenum, and chloride.

12.) The ready-to-eat food of Claim 1 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, bar, filled bar, cracker, spread, cookie, snack crisp, brownie, or potato crisp.

13.) The ready-to-eat food of Claim 1 having, at a 70% confidence level, a lower taste value that is greater than -9.00.

14.) The ready-to-eat food of Claim 13 having a water activity of less than 0.85 and comprising an adjunct ingredient.

15.) The ready-to-eat food of Claim 13 having a lower taste value that is greater than 2.25 and an upper taste value of less than 40.28; and comprising, on a 100 kcal reference serving basis:

- a.) from 5 grams to 13 grams of an amino acid source; and
- b.) from about 2.5 grams to about 5.0 grams of dietary fiber.

16.) The ready-to-eat food of Claim 15 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, bar, filled bar, cracker, spread, cookie, snack crisp, brownie, or potato crisp.

17.) The ready-to-eat food of Claim 13 wherein said amino acid and fiber sources are at least 75% active; and said fiber is selected from the group consisting of soluble fiber having a viscosity of from 1 to 2 centipoise for a 10% solution at 25°C, insoluble fiber having a particle size of less than 150 microns and a water absorption less than 7.0 grams per gram of fiber, and mixtures thereof.

18.) The ready-to-eat food of Claim 13 having an amino acid score from 0.60 to 1.00.

19.) The ready-to-eat food of Claim 13 comprising less than 2 grams of digestible saturated fat.

20.) The ready-to-eat food of Claim 19 comprising less than 2/3 a gram of digestible saturated fat.

21.) The ready-to-eat food of Claim 13 comprising a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof.

33.) The ready-to-eat food of Claim 25 comprising a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof.

34.) The ready-to-eat food of Claim 25 comprising a material selected from the group consisting of arabinogalactan fiber, beta-glucan soluble fiber, and mixtures thereof.

35.) The ready-to-eat food of Claim 25 comprising fluoride; sodium; potassium; and, on a 30 gram basis, from about 10% to about 100% of the U.S. RDI of the vitamins A, D, E, K, C, thiamin, riboflavin, niacin, vitamin B₆, folate, vitamin B₁₂, biotin, and pantothenic acid, and from about 10% to about 100% of the U.S. RDI of the minerals calcium, phosphorus, magnesium, iron, zinc, iodine, selenium, copper, manganese, chromium, molybdenum, and chloride.

36.) The ready-to-eat food of Claim 25 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, bar, filled bar, cracker, spread, cookie, snack crisp, brownie, or potato crisp.

37.) The ready-to-eat food of Claim 1 having, at a 90% confidence level, a lower taste value that is greater than -9.00.

38.) The ready-to-eat food of Claim 37 having a water activity of less than 0.85 and comprising an adjunct ingredient.

39.) The ready-to-eat food of Claim 37 having a lower taste value that is greater than 4.15 and an upper taste value of less than 42.89; and comprising, on a 100 kcal reference serving basis:

- a.) from 5 grams to 13 grams of an amino acid source; and
- b.) from about 2.5 grams to about 5.0 grams of dietary fiber.

40.) The ready-to-eat food of Claim 39 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, bar, filled bar, cracker, spread, cookie, snack crisp, brownie, or potato crisp.

41.) The ready-to-eat food of Claim 37 wherein said amino acid and fiber sources are at least 75% active; and said fiber is selected from the group consisting of soluble fiber having a viscosity of from 1 to 2 centipoise for a 10% solution at 25°C, insoluble fiber having a particle size of less than 150 microns and a water absorption less than 7.0 grams per gram of fiber, and mixtures thereof.

42.) The ready-to-eat food of Claim 37 having an amino acid score from 0.60 to 1.00.

43.) The ready-to-eat food of Claim 37 comprising less than 2 grams of digestible saturated fat.

44.) The ready-to-eat food of Claim 43 comprising less than 2/3 a gram of digestible saturated fat.

45.) The ready-to-eat food of Claim 37 comprising a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof.

46.) The ready-to-eat food of Claim 37 comprising a material selected from the group consisting of arabinogalactan fiber, beta-glucan soluble fiber, and mixtures thereof.

47.) The ready-to-eat food of Claim 37 comprising fluoride; sodium; potassium; and, on a 30 gram basis, from about 10% to about 100% of the U.S. RDI of the vitamins A, D, E, K, C, thiamin, riboflavin, niacin, vitamin B₆, folate, vitamin B₁₂, biotin, and pantothenic acid, and from about 10% to about 100% of the U.S. RDI of the minerals calcium, phosphorus, magnesium, iron, zinc, iodine, selenium, copper, manganese, fluoride, chromium, molybdenum, sodium, potassium, and chloride.

48.) The ready-to-eat food of Claim 37 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, bar, filled bar, cracker, spread, cookie, snack crisp, brownie, or potato crisp.

49.) The ready-to-eat food of Claim 1 having, at a 95% confidence level, a lower taste value that is greater than -9.00.

50.) The ready-to-eat food of Claim 49 having a water activity of less than 0.85 and comprising an adjunct ingredient.

51.) The ready-to-eat food of Claim 49 having a lower taste value that is greater than 5.14 and an upper taste value of less than 44.26; and comprising, on a 100 kcal reference serving basis:

- a.) from 5 grams to 13 grams of an amino acid source; and
- b.) from about 2.5 grams to about 5.0 grams of dietary fiber.

52.) The ready-to-eat food of Claim 51 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, bar, filled bar, cracker, spread, cookie, snack crisp, brownie, or potato crisp.

53.) The ready-to-eat food of Claim 49 wherein said amino acid and fiber sources are at least 75% active; and said fiber is selected from the group consisting of soluble fiber having a viscosity of from 1 to 2 centipoise for a 10% solution at 25°C, insoluble fiber having a particle size of less than 150 microns and a water absorption less than 7.0 grams per gram of fiber, and mixtures thereof.

54.) The ready-to-eat food of Claim 49 having an amino acid score from 0.60 to 1.00.

55.) The ready-to-eat food of Claim 49 comprising less than 2 grams of digestible saturated fat.

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56.) The ready-to-eat food of Claim 55 comprising less than 2/3 a gram of digestible saturated fat.

57.) The ready-to-eat food of Claim 49 comprising a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof.

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58.) The ready-to-eat food of Claim 49 comprising a material selected from the group consisting of arabinogalactan fiber, beta-glucan soluble fiber, and mixtures thereof.

59.) The ready-to-eat food of Claim 49 comprising fluoride; sodium; potassium; and, on a 30 gram basis, from about 10% to about 100% of the U.S. RDI of the vitamins A, D, E, K, C, thiamin, riboflavin, niacin, vitamin B₆, folate, vitamin B₁₂, biotin, and pantothenic acid, and from about 10% to about 100% of the U.S. RDI of the minerals calcium, phosphorus, magnesium, iron, zinc, iodine, selenium, copper, manganese, chromium, molybdenum, and chloride.

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60.) The ready-to-eat food of Claim 49 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, bar, filled bar, cracker, spread, cookie, snack crisp, brownie, or potato crisp.

61.) The ready-to-eat food of Claim 1 having, at a 99% confidence level, a lower taste value that is greater than -9.00.

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62.) The ready-to-eat food of Claim 61 having a water activity of less than 0.85 and comprising an adjunct ingredient.

63.) The ready-to-eat food of Claim 61 having a lower taste value that is greater than 7.09 and an upper taste value of less than 46.96; and comprising, on a 100 kcal reference serving basis:

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- a.) from 5 grams to 13 grams of an amino acid source; and
- b.) from about 2.5 grams to about 5.0 grams of dietary fiber.

64.) The ready-to-eat food of Claim 63 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, bar, filled bar, cracker, spread, cookie, snack crisp, brownie, or potato crisp.

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65.) The ready-to-eat food of Claim 61 wherein said amino acid and fiber sources are at least 75% active; and said fiber is selected from the group consisting of soluble fiber having a viscosity of from 1 to 2 centipoise for a 10% solution at 25°C, insoluble fiber having a particle size of less than 150 microns and a water absorption less than 7.0 grams per gram of fiber, and mixtures thereof.

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66.) The ready-to-eat food of Claim 61 having an amino acid score from 0.60 to 1.00.

67.) The ready-to-eat food of Claim 61 comprising less than 2 grams of digestible saturated fat.

10 68.) The ready-to-eat food of Claim 67 comprising less than 2/3 a gram of digestible saturated fat.

69.) The ready-to-eat food of Claim 61 comprising a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof.

15 70.) The ready-to-eat food of Claim 61 comprising a material selected from the group consisting of arabinogalactan fiber, beta-glucan soluble fiber, and mixtures thereof.

71.) The ready-to-eat food of Claim 61 comprising fluoride; sodium; potassium; and, on a 30 gram basis, from about 10% to about 100% of the U.S. RDI of the vitamins A, D, E, K, C, thiamin, riboflavin, niacin, vitamin B₆, folate, vitamin B₁₂, biotin, and pantothenic acid and from about 10% to about 100% of the U.S. RDI of the minerals calcium, phosphorus, magnesium, iron, zinc, iodine, selenium, copper, manganese, fluoride, chromium, molybdenum, sodium, potassium, and chloride.

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72.) The ready-to-eat food of Claim 61 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, bar, filled bar, cracker, spread, cookie, snack crisp, brownie, or potato crisp.

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